

CENTENNIAL RECREATION CENTER  
GROUP EXERCISE CLASS DESCRIPTIONS

**Fitness for Arthritis Class on T & F:** This exercise program is designed for people with arthritis and uses gentle activities to help increase joint flexibility, range of motion and muscle strength.

**Body Sculpt:** Total body strength training class; firm up and tone using dumbbells, body bars and bands.

**Beginning Boot Camp:** This 30-minute class is designed to introduce you to the basics of Boot Camp! You will learn the exercise used in traditional boot camp and build up your strength/endurance for the full-hour class.

**Boot Camp:** A full body workout that allows you to be challenged as much as you want. This class is designed to provide the ultimate in agility and cross training.

**Boot Camp Pilates:** This class will build your cardiovascular endurance while lengthening and strengthening your muscles. You also will build your core muscle strength and improve your agility. It's the perfect crosstraining class.

**Cardio Kick:** A combination of aerobics, boxing and martial arts; no gloves required.

**Cardio Step Interval:** This class introduces alternating sets of interval training along with a simply choreographed Step workout. Not only do you get the advantage of aerobic exercise, you'll get the added benefit of a challenging interval training routine.

**Cycle/Strength:** Rev up your workout and burn calories faster. This class combines intervals on the spin bike with intervals of strength training.

**Group Cycle:** Non-impact class conducted on a stationary bike. This class is appropriate for all levels of fitness.

**H.I.T./Core:** High Intensity Training. Take your workout to the next level. Push your physical limits and crank up the intensity in this 30-minute workout. This is an advanced-level workout that contains 15 minute worth of exercise at the end that will strengthen your core.

**Kickboxing with Gloves:** Kick, punch, jab and power your way through this cardiovascular and muscular endurance workout using gloves and bags.

**Pilates:** A mat-based workout that will strengthen and lengthen your muscles, help improve posture, enhance stability, increase core muscle strength and improve flexibility.

**Pilates/Barre:** A combination class that uses the foundation skills in a pilates class with the addition of the basic Barre program without the use or necessity of a ballet bar. This class integrates the fat burning format of interval training, the muscle shaping technique of isometrics, the elongating principles of dance conditioning, and the science of physical therapy to create a revolutionary workout that quickly and safely reshapes your entire body.

**Step Interval N Core:** This class is crosstraining at its finest. One hour of alternating step choreography with intervals of strength and high intensity training ending with 15 minutes of strictly core. This 75-minute class includes training for all major muscles using a variety of equipment to keep it fun and challenging. All levels welcome.

**Tai Chi:** This class uses Sun-Style Tai Chi and is designed to provide participants with a "joint friendly" exercise alternative. Available in beginning and advanced options.

**TRX:** Make your body into a machine! This class uses one simple piece of equipment: the TRX strap. You will be challenged as the instructor guides you through intense core movements and balancing drills. We do NOT recommend this class for the first-time fitness users or for users suffering from any type of back injury.

**TRX Light:** A 45-minute class designed for those who want to gain strength and increase balance using the TRX straps. This class is ideal for those who are recovering from an injury, are new to exercise or have limited mobility. The instructor will pay close attention to your form and execution of exercises to ensure you are getting an effective and safe workout.

**U-Jam Fitness™:** is an athletic hip-hop dance fitness workout that combines dance and high energy music for a workout that is bound to get your heart rate up, your body moving, and make you work up a sweat — all while having FUN.

**Yoga:** A class designed to increase flexibility, relieve stress, improve mental concentration and achieve greater body awareness. This class is family friendly!

**Yoga/Pilates:** An inclusive class designed to implement both Yoga and Pilates elements to increase core strength, stability and calming of the mind, body and spirit.

**Zumba®:** This high energy class uses motivating music with unique moves and combinations to give you the best dance workout ever! Zumba® is based on the principle that a workout should be "FUN AND EASY TO DO" allowing its participants to stick to it and achieve long-term health benefits. Please NO children sitting in the back or side of the room during class!

**Zumba for Kids (age 4–11):** Designed exclusively for kids! Our Zumba for Kids classes are rockin', high-energy fitness parties packed with specially choreographed, kid-friendly songs and moves.

**Zumba® Gold:** This specialty class follows the Zumba® formula and is designed for the active adult who wants to join the fitness party but requires a low impact, less intense workout. This class is also perfect for those looking to begin a healthy fitness lifestyle or for those relaunching their fitness program.

**50 & Up Aerobics:** Improve your strength, flexibility and cardio vascular system with this fun non-impact exercise program for older adults.

**50+ Functional Fitness:** Group exercise class that provides a supportive and safe environment to help increase one's strength, flexibility and balance, using chairs, lightweight dumb bells, resistance tubing and stability balls. This class is taught by our fitness specialist with an expertise in working with active older adults.



HELPING YOU  
LIVE HEALTHIER

Group Exercise Schedule  
CENTENNIAL RECREATION CENTER



GENERAL INFORMATION

- › If you are new to group exercise or returning after an absence, please tell the instructor so she/he may offer modifications.
- › Warming up is a vital part of exercise. If you are more than 10 minutes late, please wait for the next class.
- › If you need to leave a class early, please inform the instructor at the beginning of the class.
- › Closed-toe athletic shoes and athletic wear are required for all classes, except Yoga and Pilates.
- › No food, gum or drink allowed, except for water. Plastic containers only, please.
- › Turn off cellphones. If you need to take a call, please step out of the room.
- › Youth participating in classes must be at least eight years of age, with a supervising adult, and must able to follow directions.
- › Youth ages 13 and up may participate in classes without a supervising adult.
- › Due to limited space, please do not allow children to sit in the back or side of the fitness studio.

ENJOY CLASS, HAVE FUN  
AND WORK AT YOUR OWN LEVEL!

GROUP FITNESS

The Centennial Recreation Center, together with the Mt. Madonna YMCA, offers a wide variety of group exercise classes. We strive to accommodate a wide range of fitness levels in every class, and we encourage you to work at your own pace. Group exercise should be a fun experience for you or the whole family. We have noted family friendly classes and those classes that are recommended for advanced-level fitness users who have prior class experience on our schedule. Before starting any new exercise program, please consult your physician.

FACILITY HOURS

Monday-Friday	5:00 am - 10:00 pm
Saturday	6:30 am - 8:00 pm
Sunday	8:00 am - 6:00 pm

KIDS' CLUB HOURS

Monday-Friday	8:00 am - 8:00 pm
Saturday	8:00 am - 1:30 pm
Sunday	8:00 am - 1:00 pm

QUESTIONS OR COMMENTS

Contact Stephanie Vegh  
Health & Wellness Director  
Stephanie.vegh@mhcrc.com



# GROUP EXERCISE SCHEDULE

## CENTENNIAL RECREATION CENTER

● New Classes

**S** Studio  
**G** Gym  
**EG** East Gym

**CCC** Community and Cultural Center  
**PD** Outside Pool Deck

### MONDAY

5:30 – 6:30 am  
**Boot Camp Pilates**  
Julie – **G**

12:00 – 12:55 pm  
**Yoga/Pilates**  
Margot – **S**

8:30 – 9:25 am  
**Cardio Step Interval**  
Margot – **S**

1:00 – 2:00 pm  
**Functional Fitness**  
Alison – **S**

8:30 – 9:25 am  
**Zumba® Fitness**  
Tracee – **EG**

4:30 – 5:15 pm  
**TRX**  
Jeff – **S**

9:30 – 10:25 am  
**Body Sculpt**  
Margot – **S**

5:30 – 6:25 pm  
**Zumba® Fitness**  
Laurel – **S**

9:30 – 10:15 am  
**H.I.T./Core**  
Steph – **EG**

6:30 – 7:25 pm  
**Pilates**  
Jill – **S**

10:30 – 11:45 am  
**Yoga**  
Ana – **S**

7:30–8:30 pm  
**Group Cycle**  
Annette – **S**

### TUESDAY

5:30 – 6:30 am  
**Boot Camp**  
Melissa – **G**

12:00 – 1:00 pm  
**Zumba® Fitness**  
Nancy – **S**

5:30 – 6:30 am  
**Group Cycling**  
Annette/Talia – **S**

3:30 – 4:15 pm  
**Zumba for Kids**  
Nancy – **S**

8:30 – 9:45 am  
**Yoga**  
Ana – **S**

4:30 – 5:25 pm  
**Cardio Kickboxing**  
Bobbi – **S**

8:30 – 9:00 am  
**Beginning Boot Camp**  
Julie – **G**

5:30 – 6:25 pm  
**Zumba® Fitness**  
Jessica R. – **S**

9:00 – 9:55 am  
**Boot Camp**  
Julie – **G**

6:30 – 7:15 pm  
**TRX**  
Grady – **S**

10:00 – 10:45 am  
**TRX Outside** ●  
(Starts 11/11)  
Bobbi– **PD**

7:30 – 8:30 pm  
**Yoga**  
Yvonne – **S**

10:00 – 10:55 am  
**Pilates/Barre**  
Julie – **S**

11:00 am – 12 pm  
**Beginning Yoga**  
Mary– **S**

### WEDNESDAY

5:30 – 6:30 am  
**Boot Camp**  
Julie – **G**

12:00 – 12:45 pm  
**TRX Light**  
Jeff – **S**

5:30 – 6:15 am  
**TRX**  
Shawna– **S**

1:00–2:00 pm  
**Functional Fitness**  
Alison – **S**

8:30 – 9:25 am  
**Kickboxing w/ Gloves**  
Laurie – **S**

3:30 – 4:15 pm  
**Group Cycle**  
Danielle – **S**

8:30 – 9:25 am  
**Zumba® Fitness**  
Chiquy – **EG**

4:30 – 5:15 pm  
**TRX**  
Bobbi – **S**

9:30 – 10:15 am  
**TRX**  
Jessica R. – **S**

5:30 – 6:25 pm  
**Yoga**  
Margot – **S**

9:30 – 10:25 am  
**Body Sculpt**  
Steph – **G**

6:30 – 7:30 pm  
**U-Jam Fitness®**  
Elaine – **S**

10:30 – 11:25 am  
**Zumba Gold®**  
Jessica R. – **EG**

10:30 – 11:45 am  
**Yoga**  
Jessica K. – **S**

### THURSDAY

5:30 – 6:30 am  
**Boot Camp**  
Melissa – **G**

12:00 – 1:00 pm  
**U-Jam Fitness®**  
Donna – **S**

5:30 – 6:30 am  
**Group Cycling**  
Jonna – **S**

3:30 – 4:15 pm  
**Zumba for Kids**  
Nancy– **S**

8:30 – 9:45 am  
**Yoga**  
Ana – **S**

4:30 – 5:15 pm  
**H.I.T./Core**  
Steph – **S**

8:30 – 9:00 am  
**Beginning Boot Camp**  
Julie – **G**

5:30 – 6:25 pm  
**Zumba® Fitness**  
Jessica R.– **S**

9:00 – 9:55 am  
**Boot Camp**  
Julie – **G**

6:30 – 7:25 pm  
**Body Sculpt**  
Laurel – **S**

10:00 – 10:55 am  
**Cycle/Strength**  
Julie – **S**

7:30 – 8:30 pm  
**Yoga**  
Doris – **S**

11:00 – 11:55 am  
**Pilates**  
Julie– **S**

11:00 am – 12 pm  
**Beginning Yoga**  
Mary – **CCC**

### FRIDAY

5:30 – 6:30 am  
**Cycle/Sculpt**  
Julie – **G**

12:00 – 12:45 pm  
**TRX Light** ●  
Jill – **S**

5:30 – 6:15 am  
**TRX**  
Susie – **S**

1:00 – 2:00 pm  
**Functional Fitness**  
Alison – **S**

8:30 – 9:25 am  
**Zumba® Fitness**  
Margot – **S**

4:15 – 5:00 pm  
**H.I.T./Core**  
Melissa – **S**

9:00 – 9:55 am  
**Boot Camp**  
Julie – **G**

6:00 – 6:55 pm  
**U-Jam Fitness®**  
Suzi – **S**

9:30 – 10:25 am  
**Group Cycle** ●  
Danielle– **S**

7:10 – 7:55 pm  
**TRX**  
Bobbi – **S**

10:30 – 11:45 am  
**Yoga**  
Dolores – **S**

### SATURDAY

7:00 – 8:00 am  
**Boot Camp**  
Julie – **G**

8:00 – 8:45 am  
**TRX**  
Susie/Bobbi/Grady – **S**

7:00 – 8:15 am  
**Yoga**  
Dawn – **S**

9:00 – 9:55 am  
**Kickboxing w/ Gloves**  
Laurie – **S**

8:00–8:45 am  
**H.I.T./Core**  
Steph – **EG**

10:00 – 10:55 am  
**Group Cycle**  
Vicki – **S**

8:30 – 9:45 am  
**Step Interval N Core**  
Margot – **S**

11:00 am –12:00 pm  
**Zumba® Fitness**  
Margot – **S**

10:00 – 10:55 am  
**Zumba® Fitness**  
Kel – **S**

11:00 am – 12:25 pm  
**Yoga**  
Liz – **S**

12:30 – 1:30 pm  
**U-Jam Fitness®**  
Rosie – **S**

Use your smart phone  
to link right to the group  
exercise schedule online!





# 50 & OLDER FITNESS

## CENTENNIAL RECREATION CENTER

- New Classes
- Sign up at the Senior Center

- S Studio
- G Gym
- EG East Gym
- A1 Activity Rm. 1
- TC Teen Center
- SC Senior Center
- CCC Community and Cultural Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 - 11:00 am Pickleball Staff - G	10:00 - 11:00 am Fitness for Arthritis Alison - TC ■	9:30 - 10:20 am Advanced Tai Chi Jerri - SC ■	10:00 - 11:00 am Yoga Yvette - A1 ■	10:00 - 11:00 am Fitness for Arthritis Alison - TC ■		
10:00 - 11:00 am Pilates Melissa- CCC	10:05 - 11:05 am Aerobics Tracee - EG	10:30 - 11:20 am Beginning Tai Chi Jerri - SC ■	10:05 - 11:05 am Aerobics Amy - EG	12:00 - 12:45 pm TRX Light ● Jill - S		
1:00 - 2:00 pm Functional Fitness Alison - S	10:30 - 11:30 am Chair Yoga Amy - A1 ■	10:30 - 11:30 am Zumba Gold® Jessica R.- G	11:00 am - 12 pm Beginning Yoga Mary - CCC	1:00 - 2:00 pm Functional Fitness Alison - S		
		12:00 - 12:45 pm TRX Light Jeff - S	2:15 - 3:15 pm Pilates Staff- S			
		1:00-2:00 pm Functional Fitness Alison - S				

**NOVEMBER 2014**